

CAPT On-Line CERTIFICATE IN RELATIONAL THERAPEUTIC PLAY November 2020 to September 2021

Therapeutic play is used as a means of helping children express or communicate their feelings, increase skills, and interact with peers in a developmentally and culturally supportive way that also prevents or overcomes psychosocial problems.



This CAPT opportunity for Child and Youth Care Practitioners, Educational Assistants, Social Service Workers, Treatment Foster Parents, Teachers and Nursing will be launched soon.

This Certificate in Relational Therapeutic Play that will consist of 8 on-line courses that align with the National Child and Youth Care Competencies for the National Child and Youth Care Certification Board.

November 1, 2020 – May 2021

Each month, the following courses will be offered in the hybrid form of on-line web-based interactive and asynchronous on-line courses.

- Introduction to Therapeutic Play
- Therapeutic Powers of Play
- Therapeutic Play and Professionalism
- Therapeutic Play and Cultural and Human Diversity
- Therapeutic Play and Applied Human Development
- Therapeutic Play and Relationship and Communication
- Therapeutic Play and Developmental Practice Methods

November 2020
December 2020
January 2021
February 2021
March 2021
April 2021
May 2021

Please note: Be prepared to schedule two (2) hours every 1st and 3rd Sunday at 7:00 p.m. eastern time for two (2) hours online with the teacher of the month from November 2020 to May 2021.

June – September 2021

The Capstone Course - Final Certificate Course

Program Instructors

Theresa Fraser CYC-P, CPT-S, RP, MA, RCT



Theresa Fraser will work with a team of CAPT professionals to create, program and deliver the modules of this course over the next year. Theresa will instruct in the Introduction to Therapeutic Play and Therapeutic Powers of Play and will wrap up with the Capstone Course in June to September 2020.

Theresa has a long career of working with children/youth/ families and communities as a Child and Youth Care Practitioner, foster parent/ educator/ Play Therapist and Play Therapist Supervisor.

Theresa graduated from Humber College in 1983 with an advanced diploma in Child Care Work now known as Child and Youth Care. She completed her Certification with the North American Child and Youth Care Certification Board in January 2017. She is a lifetime

member of the Ontario Association of Child and Youth Care (OACYC) and a member (Board member) of Nova Scotia Child and Youth Worker Association. She continued her education and became Certified as a Canadian Play Therapist Supervisor and is currently completing her Phd dissertation on the use of play with socially isolated adults.

Theresa and her partner have managed parent model group care programs and have been treatment foster parents for almost 30 years. She has worked in all milieus over her long career and taught child and youth care for almost 20 years. Her speciality is working with foster/adoptive parents who are supporting children with attachment challenges. She currently is an adjunct professor at Mount St. Vincent University in Halifax.

Brenda Sousa CYW, RP, CPT



Brenda Sousa is from London, ON and is a Registered Psychotherapist with The College of Registered Psychotherapists of Ontario, a Certified Play Therapist with The Canadian Association of Play Therapy and a Child & Youth Worker. Brenda specializes in play therapy services; offering children, adolescents and their caregivers a safe, creative and engaging play-based approach to addressing emotional, behavioural, psychological and social challenges. A sensory-based therapy provides a way for children to communicate and process their experiences in the best way they know how: through play!

Brenda's extensive work experience in children's mental health and the violence against women sector has advanced her clinical practice in supporting children, adolescents and families with issues related to attachment, anxiety, depression, domestic violence, foster care and adoption, separation and divorce, parenting, trauma, abuse, self-esteem, emotional/social development and change and transitions. Brenda has maintained roles in clinical leadership, consultation, supervision and provides presentations, workshops and seminars in the domains of relational play-based interventions, anti-oppressive practice and healing-centred approaches.

Krysteli Needham, CYC (cert.), BSW, RSW, RP



Krysteli is a Registered Social Worker, Registered Psychotherapist, Play Therapy Intern member with the Canadian Association for Play Therapy, and is a graduate from the Child and Youth Worker Program at Algonquin College. She has been working in the field for over 10 years and is passionate about client empowerment while integrating and working from a trauma-informed and attachment-based framework. She embraces client centered and strengths based approaches to her work. She believes in the power of the individual and utilizes evidence-based interventions. In conjunction to her easy-going, compassionate and supportive approaches. Using play-based interventions has formed an integral part of the work that she does with children, adults, and families.

Krysteli loves working with local interns through practicum placements and supporting them in their journey to becoming professionals in the field. Over the years she has supervised over 30 students from local Colleges and Universities. Through her work in foster care, she has developed her clinical skills in working with trauma, grief, loss, anxiety, depression, self-regulation, emotion-regulation, stress, and coping. She has additional training in Dialectical Behaviour Therapy (DBT), Dyadic Developmental Psychotherapy (DDP-Level 1), Marschak Interaction Method (MIM), Theraplay, Attachment-Focused Trauma Treatment, Collaborative Problem Solving (CPS-Tier 1), and MindMasters.

Helena Kogas BA, CYC



Helena Kogas is from Toronto, ON and will instruct in the Relational Therapeutic Play program with the Canadian Association for Play Therapy. Helena graduated from York University's Bachelor of Psychology program and proceeded to pursue a career in Child and Youth Care. She graduated from Humber College's Child and Youth Worker program in 2003.

Helena's background in Child and Youth Care includes a wide range of settings including foster care, respite care and work in hospital settings. She has been recognized for her work with at risk youth as a member of a counselling team at the Toronto District School Board and served with the Diagnostic Behaviour Program for a Toronto middle school.

Helena is a member of the Ontario Association of Child and Youth Care (OACYC). She completed the three levels of Foundation Play Therapy Training program with the Canadian Association for Play Therapy (CAPT) in 2014 and served with CAPT's corps of Ambassadors for five years. Helena now sits on the Executive Committee of the Canadian Association for Play Therapy and serves as Treasurer. Helena also volunteers with the Marketing, Communications and Public Relations Committee for CAPT.

Don Fasciano CYC, BA



Don has worked as a Child and Youth Worker for over twenty years. Don graduated from Humber College in 1998 with an advanced diploma in Child and Youth Work, and later completed a BA in Psychology from York University. Don is a Member of the Ontario Association of Child and Youth Care (OACYC) and the Canadian Association for Play Therapy (CAPT). He has completed all three levels of the Foundation Play Therapy Training program with the Canadian Association for Play Therapy (2014, 2015), and Theraplay training - Level 1 (2001), MIM (Marschak Interaction Method) (2001), and Level 2 (2017). He has completed PACE training with Dan Hughes (2015), DDP - Level 1 (2015) and DBT training (2018). Don has taught at the college level and has presented at provincial and international conferences.

Don has worked in various settings, with a focus on working within residential treatment care settings for two decades. He currently works within a classroom through an accredited children mental health agency in Toronto. Don believes in the power of play to effect positive change and to promote health within children, youth, and families.

Tina Lackner, BACYC, MSc, RP (CPT) (RCYT) (RYT300)



Tina Lackner was a full-time professor of 15 plus years at Humber College in the Child and Youth Care Practitioners Diploma, Accelerated Diploma and Degree programs. Tina has created, implemented and assessed a variety of courses including but not limited to: Therapeutic Interventions, Child Development, Psychology of Mental Health & Illness, Human Sexuality etc. Tina is a Registered Psychotherapist (006514) with the College of Registered Psychotherapist of Ontario (CRPO) as well as a Certified Play Therapist (CPT-ON-734). She is a member of the Ontario Association of Child and Youth Care (OACYC).

Tina has served with the Canadian Association for Play Therapy as a member of the Board of Directors as well as holding the position of Chair of the CAPT Education Committee.

Tina holds a Certificate in Applied Mindful Meditation and took a sabbatical from her academic institution to further delve into eastern philosophies and approaches to managing mental health issues and emotional well being. Tina has completed her Yoga Teacher (258721) training as well as her Children's Yoga Teacher Training (258721). Tina also completed additional hours in training for Yoga for Anxiety and Depression. Tina created a Children and Tweens Yoga, Mindfulness for Emotional Well Being program that she executed within the school and community settings. The program has proven an effective way to engage children and youth in a fun, physical way while enhancing their knowledge around emotional well being and strategies to self regulate and live more mindfully.

Tina has a private practice (established 1999) in which she incorporates a holistic approach to healing and well being. Tina embodies the philosophies she teaches and has a strong daily practice of meditation, mindfulness, play and yoga.

Ryan McLeod CYC, CPT, MSW, RSW



Ryan McLeod is a Certified Play Therapist with the Canadian Association for Play Therapy, a Registered Social Worker, and the Founder of Aspire Youth Services Inc. He is also a member of the Ontario Association of Child and Youth Care.

Ryan graduated from Humber College in 2004 after completing the Child and Youth Worker program. Ryan began his career as a Child and Youth Care practitioner for an accredited children's mental health agency in Toronto. Ryan concurrently worked full time and completed his BA in Child and Youth Care at Ryerson University.

In 2010, Ryan's commitment to service excellence was recognized. He was selected as the recipient of the Krista Sepp Memorial Horizon Award, for recognition of high-quality work and dedication of front line service in the Child and Youth Worker field in the first five years of practice

Ryan went on to manage a residential program before returning to complete a Master's Degree in Social Work at the University of Windsor. While completing his studies at the graduate level, Ryan was teaching part-time for Humber College in the Child and Youth Worker and Police Foundations programs. Upon graduation at the University of Windsor, Ryan accepted a Child Protection Worker position with Children's Aid Society of Peel Region.

After 16 years of direct service in the Greater Toronto Area, Ryan relocated to Kincardine, Ontario. He opened a private practice, Aspire Youth Services Inc., in Goderich, Ontario, expanding service to children and families in Grey-Bruce, Huron and Perth County.

Ryan is passionate about increasing mental health service to rural communities of southwestern Ontario. He believes that play has been his most useful tool in counseling children and building connections in the therapy process.

Registration and Fees:

The course fees include the 7 modules presented from November 2020 to May 2021 and the Capstone Course from June to September 2021.

There are two required readings for this course:

- **The Therapeutic Powers of Play: 20 Core Agents of Change**
- **A Tapestry of Relational Child and Youth Care Competencies (published September 2020).** *(this book will be included within your registration fee and will be sent to you upon payment for the course.)*

Fees: \$1,350 Cdn plus Tax

Register On-line at: <https://cacpt.com/workshops/>

CAPT CANCELLATION POLICY: You may cancel without penalty if written cancellation requests are received up to and including **30 days prior to the start of the training**. Due to financial obligations incurred by the CAPT, a credit less 50% of the registration fee will be issued for written requests received up to and including 15 days prior to the start of the training. No refunds or credits will be issued on cancellation requests received less than **15 days prior to the start of the training**.

For more information.:

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